



## Chas Surf Lessons

**Chas Wickwire, Seal Beach - 1st St Beach Parking Lot**

Chas is a perennial City Champion and four time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels. The goal of his classes is to provide the building blocks for a lifetime of enjoyment. Let us make your birthday party, girls or boys day out, office team building or corporate outing memorable with a surfing theme through our special events program. All required equipment is provided with an unparalleled level of instruction and a keen attention to detail. The Chas surf School is a Family business celebrating its thirteenth year of operation. Surfboards & wetsuits provided. \*Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

### Private Lesson

267050-01	1 day	1 ½ hour session*	3/11-6/9	All Ages	\$77
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### Sunday Surf- 1 Session

267053-01	1 day	9:30am-12:30pm	4/21-6/23	All Ages	\$62
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### Sunday Surf- 4 Sessions

267053-02	1 day	9:30am-12:30pm	4/21-6/23	All Ages	\$202
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### Sunday Surf Spring Pass

267053-03	1 day	9:30am-12:30pm	4/21-6/23	All Ages	\$302
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## M & M Surf Lessons

**Michael Pless, Seal Beach - 8th St @ Ocean Ave**

**Fee: 5 Lessons/\$252; 1 Day/\$65**

8th Street Beach. Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. \* Please indicate your week preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

267061-01	Mon-Sun	8am-12pm	3/11-6/9*	All Ages	
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## Private Stand Up Paddleboarding

**Chas Wickwire, Seal Beach - 1st St Beach Parking Lot**

Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

267051-01	1 day	1 ½ hour session*	3/11-6/9	10+ yrs	\$77
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## Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. 2013 Junior Lifeguard dates are June 24- August 9, 2013. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 - 'C' group (9-11)
- 1:40 - 'B' group (12-13)
- 1:35 - 'A' group (14-17)

ALL swim tests will be held at McGaugh Elementary School, 1698 Bolsa Ave. (corner of Bolsa Ave. and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

## Test Dates and Times

### Returning Junior Guards

- Saturday, May 4 2013, 7am-10am
- Saturday, May 11 2013, 7am- 10am

If you cannot make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

### New Junior Guards\*

- Tuesday, May 28 2013, 5pm-7pm
- Thursday, May 30 2013, 5pm-7pm
- Saturday, June 1 2013, 7am-10am

Visit [www.sealbeachca.gov/living/lifeguard/information](http://www.sealbeachca.gov/living/lifeguard/information) or call (562) 431-2527 ext. 1206 for additional program information.

## Jr. Guard Prep Class

**Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.**

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! Space is limited - only 40 spots available - so sign up early!

224030-01	Mon/Wed/Fri	4/8-5/3	6-7pm	\$80
224030-02	Mon/Wed/Fri	5/6-5/31	6-7pm	\$80

## Jr. Guard Conditioning Class

**Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.**

This class is designed for the returning Junior Lifeguard who want some extra help to prepare for the Swim Test and the summer. Enrollment in 2012 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 40 spots available - so sign up early!

224031-01	Tue & Thu	4/9-5/2	6-7pm	\$65
224031-02	Tue & Thu	5/7-5/30	6-7pm	\$65

## Jr. Guard "Last Chance" Class

**Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.**

Intensive 2 week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to both new and returning Junior Lifeguards. Participants will be tested at the last class and it counts toward the Junior Guard Swim Test! Space is limited - only 40 spots available.

224032-01	Mon-Fri	6/3-6/14	6-7pm	\$65
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